



Full Report (All Nutrients) 09036, Apricot nectar, canned, without added ascorbic acid

Report Date: May 22, 2017 01:46 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g	1 fl oz 31.4g
Proximates						
Water	g	84.87	177	0.033	213.02	26.6
Energy	kcal	56	--	--	141	1
Energy	kJ	234	--	--	587	7
Protein	g	0.37	73	0.011	0.93	0.1
Total lipid (fat)	g	0.09	50	0.004	0.23	0.0
Ash	g	0.29	56	0.006	0.73	0.0
Carbohydrate, by difference	g	14.39	--	--	36.12	4.5
Fiber, total dietary	g	0.6	--	--	1.5	0
Sugars, total	g	13.79	--	--	34.61	4.3
Minerals						
Calcium, Ca	mg	7	56	0.226	18	0.1
Iron, Fe	mg	0.38	68	0.016	0.95	0.1
Magnesium, Mg	mg	5	57	0.095	13	0.1
Phosphorus, P	mg	9	61	0.213	23	0.1
Potassium, K	mg	114	45	2.540	286	3
Sodium, Na	mg	3	45	0.457	8	0.0
Zinc, Zn	mg	0.09	46	0.002	0.23	0.0
Copper, Cu	mg	0.073	46	0.003	0.183	0.02
Manganese, Mn	mg	0.032	--	--	0.080	0.01
Selenium, Se	µg	0.0	--	--	0.0	0
Fluoride, F ¹ ₂	µg	11.9	11	2.255	29.9	3

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g	1 fl oz 31.4g
Vitamin C, total ascorbic acid	mg	0.6	184	0.026	1.5	0.2
Thiamin	mg	0.009	89	0.000	0.023	0.003
Riboflavin	mg	0.014	101	0.000	0.035	0.004
Niacin	mg	0.260	84	0.016	0.653	0.082
Pantothenic acid	mg	0.096	--	--	0.241	0.030
Vitamin B-6	mg	0.022	--	--	0.055	0.007
Folate, total	µg	1	5	0.246	3	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	5	0.246	3	0
Folate, DFE	µg	1	--	--	3	0
Choline, total	mg	1.0	--	--	2.5	0.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	66	262	0.874	166	21
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	786	--	--	1973	247
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	7	--	--	18	2
Vitamin A, IU	IU	1316	262	17.479	3303	413
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	14	--	--	35	4
Vitamin E (alpha-tocopherol)	mg	0.31	--	--	0.78	0.10
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.2	--	--	3.0	0.4
Lipids						
Fatty acids, total saturated	g	0.006	--	--	0.015	0.002
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g	1 fl oz 31.4g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.005	--	--	0.013	0.002
18:0	g	0.001	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.038	--	--	0.095	0.012
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.038	--	--	0.095	0.012
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.017	--	--	0.043	0.005
18:2 undifferentiated	g	0.017	--	--	0.043	0.005
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

²Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa